

# How to Prepare and Store Pinto Beans



## Pinto Bean Measurements

- 1 pound of dried pinto beans = 2 cups of dried pinto beans = 6 cups of cooked pinto beans.
- 1 2/3 cups of cooked pinto beans = 1 can of canned (15 oz.) pinto beans.

## How to Cook Pinto Beans

- Place 1 lb. (2 cups) dried pinto beans in a colander and rinse under tap water. Remove debris.
- Place 1 lb. (2 cups) dried pinto beans in a large, heavy pot. Add water to about 2 inches above the beans.
- Cover pot, bring to a boil. Then remove from heat. Let rest for 1 hour. Drain beans.
- Cover with fresh water about 2 inches above the beans. Stir in 1 ½ tsp. salt.
- Cover and bring to a boil over medium heat.
- Uncover, reduce heat, and simmer until beans are tender and creamy, checking after 1 hour.
- Add more water as necessary to keep beans submerged, Cook 1 to 2 hours total.
- You can also cook dried pinto beans in a crock pot or pressure cooker.

## How to Mash and Puree Cooked Pinto Beans

- Drain the completely cooked pinto beans. Save some of the cooking liquid or use a broth.
- While beans are still warm, add a little liquid to the beans and mash with a masher, fork, blender, or mixer.
- Do not add too much water. Add salt to taste while mashing.
- Add garlic powder, cumin, chili powder for extra flavor. Top with freshly squeezed lime juice.

## How to Refrigerate Cooked Pinto Beans

- Let the beans cool if they are still warm. Place the beans in the refrigerator in an airtight container.
- It is best to store the beans in the amount of 1 2/3 cups servings.
- Storing more than this at one time can cause the bottom beans to soften and squash under the excess weight.
- One (15 oz.) can of pinto beans is equivalent to about 1 2/3 cups of dried cooked pinto beans.
- Most recipes call for 1 (15 oz.) can of pinto beans. Cooked pinto beans will last about 4 days in the refrigerator.

## How to Freeze Cooked Pinto Beans

- Let beans cool completely. Place 1 2/3 cup portions into labeled Ziploc bags. Lay bags flat in the freezer.
- When defrosting simply place a bag into hot water for 5 minutes or use a microwave oven.
- Frozen cooked pinto beans will last about 5 months in the freezer. Write dates on Ziploc bags before freezing.